



# Everflex

**Natural arthritis supplement to both relieve pain and promote healing of joints**

Millions of Americans suffer from arthritis - inflammation of the joints that makes movement painful and difficult. Unfortunately, the only relief most people experience for this problem is the reduction of inflammation and the temporary relief of pain. Modern medicine offers nothing to actually help heal inflamed joints.

There are several underlying causes of arthritis that need to be addressed to obtain real healing from this crippling illness. First, many people are deficient in essential minerals needed to promote joint and bone health due to their diets of refined and processed foods. Second, excessive mechanical wear and tear on joints from poor posture, bad structural alignment and repetitive movements may be causing irritation to joints. Third, poor diet and exposure to irritating chemicals can create and maintain chronic levels of low-grade inflammation.

Healing from arthritis, therefore, requires some improvements in diet and lifestyle, something many people are unwilling to do. For those who are willing to take a more holistic approach and seek real healing, Everflex can contribute to restoring health to their joints.

The ingredients in Everflex encourage joint health by helping to lubricate the joints, increasing shock absorption in the joints, improving flexibility, and promoting tissue and cartilage repair. Here are the ingredients that supply these benefits.

## **GLUCOSAMINE HYDROCHLORIDE (from crab shells)**

Joints need shock absorbing power, which is provided by aggrecan. Glycosaminoglycans or GAGs are a critical part of aggrecan. Glucosamine derivatives are found in both hyaluronic acid and chondroitin, which are GAGs. In the first stages of degenerative joint disease, the production of aggrecan increases but in later stages it decreases and eventually leads to the loss of cartilage resiliency and the breakdown of joints - a characteristic of osteoarthritis.

Glucosamine may be of help in rebuilding joints and easing joint pain when taken with chondroitin. The results of clinical research are mixed. Some studies suggest they are helpful, while others showed no benefit. The supplement may be helpful in some cases, but not in others.

## **METHYLSULFONYLMETHANE (MSM)**

MSM is an organic sulfur-containing compound that can be found in a variety of vegetables, fruits, grains and animals. MSM is used orally and topically to relieve the pain of arthritis, chronic pain, joint inflammation, rheumatoid arthritis, osteoporosis, stretch marks, muscle repair and a variety of wounds. Orally MSM may be helpful for gastrointestinal upset, relieves allergies, PMS and poor circulation.



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## **CHONDROITIN SULFATE**

Chondroitin sulfate has been discovered in the human body in cartilage, bone, cornea, skin and the arterial wall. Chondroitin sulfate is often taken in combination with other products, including glucosamine hydrochloride, for relief of pain and inflammation in osteoarthritis. It may be helpful for rebuilding joints and easing pain in osteoarthritis. While its use in the United States for this purpose is still controversial, the product is a prescription drug in 22 countries. Since it is sold as a dietary supplement in the United States, the quality of the product varies widely. Fortunately, this product is manufactured to a pharmaceutical standard which ensures you get the quality product needed to maximize results.

## **HYALURONIC ACID**

This acid significantly aids cell proliferation (necessary for tissue healing) and is a key element of articular cartilage. The acid also plays a part in some of the primary surface receptors of the body. In medicine, hyaluronic acid has been injected into the knee for treatment of osteoarthritis. It is also used during cataract surgery, cases of detached retina, corneal transplants and other eye traumas. As a supplement hyaluronic acid may help joints and other tissues repair faster.

## **SUGGESTED USE**

The recommended dose of Everflex for adults is two tablets two times daily with a meal.

## **SELECTED REFERENCES**

*PDR for Nutritional Supplements* edited by Sheldon Saul Hendler, PhD, MD and David Rorvik, MS

*The Encyclopedia of Medicinal Plants* by Andrew Chevallier

*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light

## **FOR EDUCATIONAL PURPOSES ONLY**

Seek appropriate professional assistance for all serious health problems.

## **RECOMMENDED USE**

Take 2 capsules daily with a meal.

### **Click Here to Purchase Everflex®!**

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